

**C.P. & BERAR E.S. COLLEGE,
MAHAL, NAGPUR**

HOME ECONOMICS DEPARTMENT

CELEBRATING

3 DAYS WORKSHOP ON

NATIONAL NUTRITION MONTH

THEME

BEYOND THE TABLE

ON

24TH TO 26TH SEPTEMBER 2025

Time: 10:00 am

Venue: Home Economics Department

DR. ARVIND JOSHI
PRINCIPAL

DR. JITENDRA MAHAJAN
VICE- PRINCIPAL

PRERANA RATNAPARKHI
COORDINATOR

Programme Invitation



**C.P. & BERAR E.S. COLLEGE,
MAHAL, NAGPUR**

Home-economics Department
CELEBRATING
National Nutrition Month
“Beyond the Table”.

Theme

Stay Nourished on Any Budget
Dr. Damyanti Ghagargunde **Day 1**

Modify Recipes for Healthy Eating Habits
Dr. Yogita Nimkar **Day 2**

“Healthy Millets, Healthy People”.
Dr. Manisha Shukla **Day 3**

**24th to 26th
September 2024** **Time: 10:00 am**

Venue: Home Economics Department

DR. ARVIND JOSHI **DR. JITENDRA MAHAJAN**
PRINCIPAL **VICE- PRINCIPAL**

PRERANA RATNAPARKHI
COORDINATOR

Permission Letter

To,
The Principal,
C.P. & Berar E.S. College,
Nagpur

Subject:-Permission to Celebrate 'National Nutrition Month 2024' on 24th, 25th, & 26th September 2024.

Respected Sir,

As per planning of Home-Economics Department for the session 2024-25 to organize Guest Lecture on the occasion of 'National Nutrition Month 2024' on 24th, 25th, & 26th September 2024. This year Theme is "Beyond the Table". Under this theme department is organizing a lecture to generate awareness among students about diets that fulfill the nutritional needs of individuals at various stages of life.

Kindly permit and oblige me!

Thanking you,

Topic: Stay Nourished on Any Budget

Guest Speaker Day 1: **Dr. Damyanti Ghagargunde** (Nahira College, Katol)

Topic: Modify Recipes for Healthy Eating Habits

Guest Speaker Day 2: **Dr. Yogita Nimkar** (KDM College, Nagpur)

Topic: "Healthy Millets, Healthy People".

Guest Speaker Day 3: **Dr. Manisha Shukla** (Santaji Ms., Nagpur).

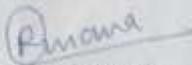
Time: At 10:00 am

Dt: 21st September 2024

Nagpur

Permitted
22/9/2024

PRINCIPAL
C.P. & Berar E.S.'s College
Nagpur

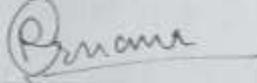

Prerana Ratnaparkhi
Deptt. of Home Economics
C.P. & Berar E.S. College,
Nagpur

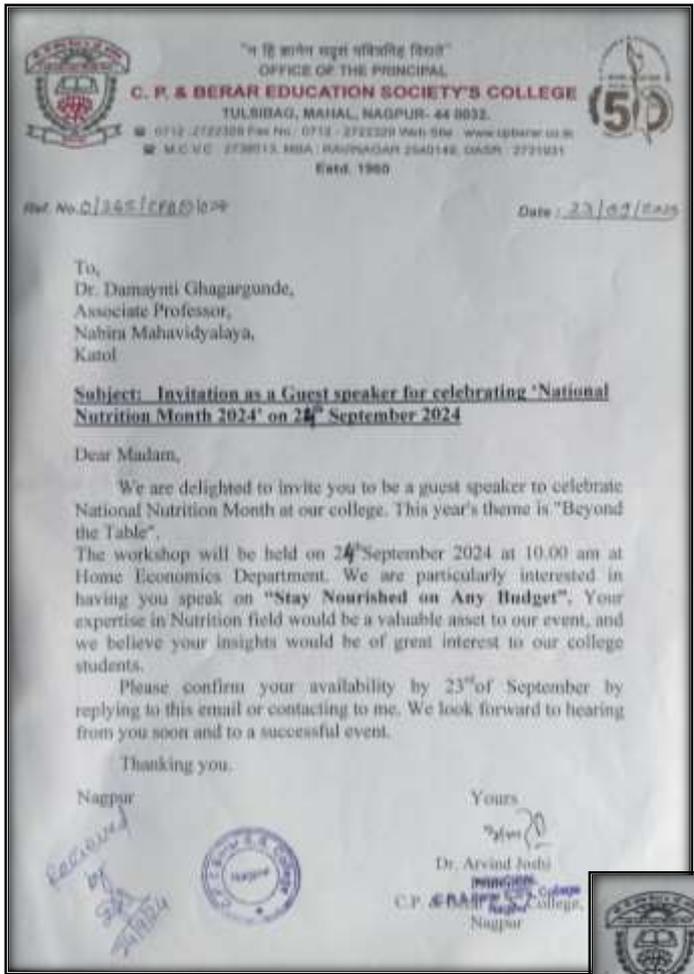
Student's Notice

सी.पी. अॅण्ड बेरार महाविद्यालय, नागपूर
गृहअर्थशास्त्र विभाग
सूचना

दि. 21/09/24

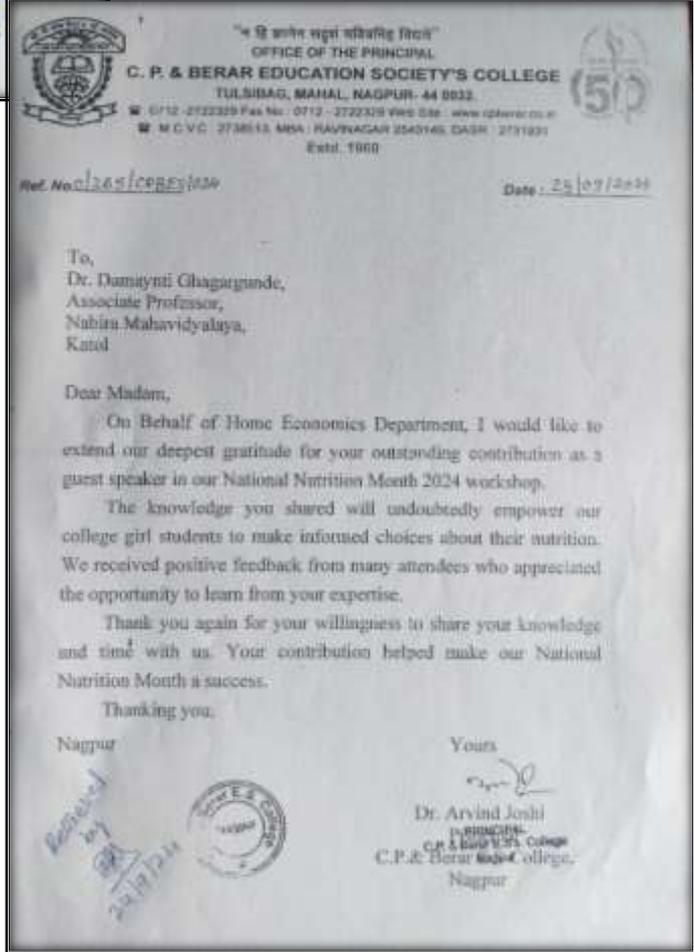
गृहअर्थशास्त्र विभागातील बी. ए. भाग 5 सेम च्या सर्व विद्यार्थीनींना सूचित करण्यात येते कि, दि. 24/09/2024 ते 26/09/2024 ला राष्ट्रीय पोषण महीना निमित्त 3 दिवसीय कार्यशाळा गृहअर्थशास्त्र विभागात आयोजित करण्यात आली आहे. सर्व विद्यार्थीनींनी सकाळी 10.00 ते 100 या कालावधीत गृहअर्थशास्त्र विभागात कार्यशाळेला हजर राहावे. सर्वांची उपस्थिती अनिवार्य आहे. याची सर्व विद्यार्थीनींनी नोंद घेण्यात यावी.

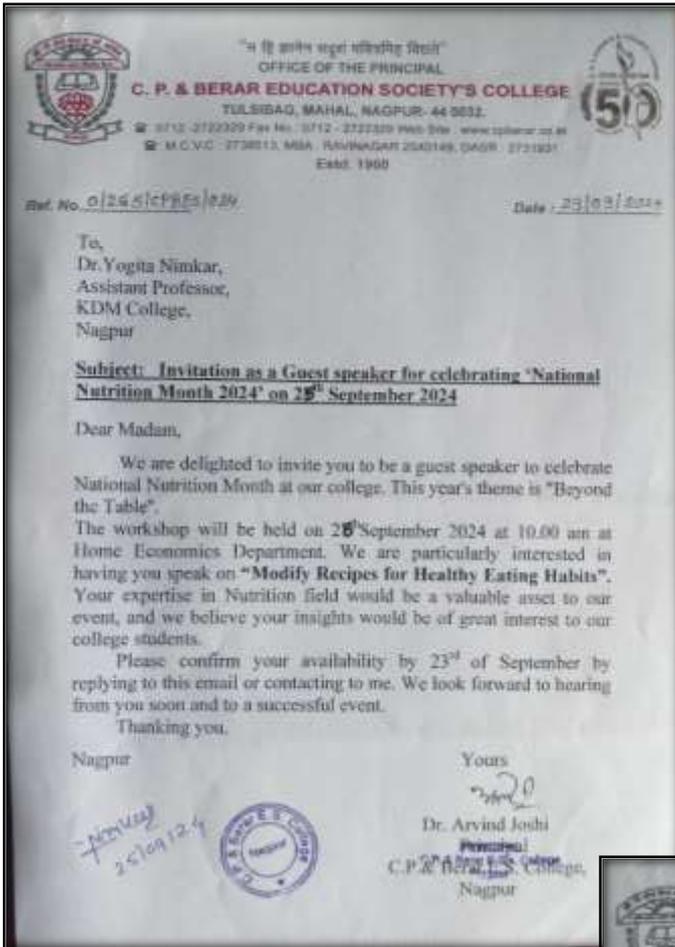

आदेशानुसार



Invitation Letter to Guest Speaker Day 1

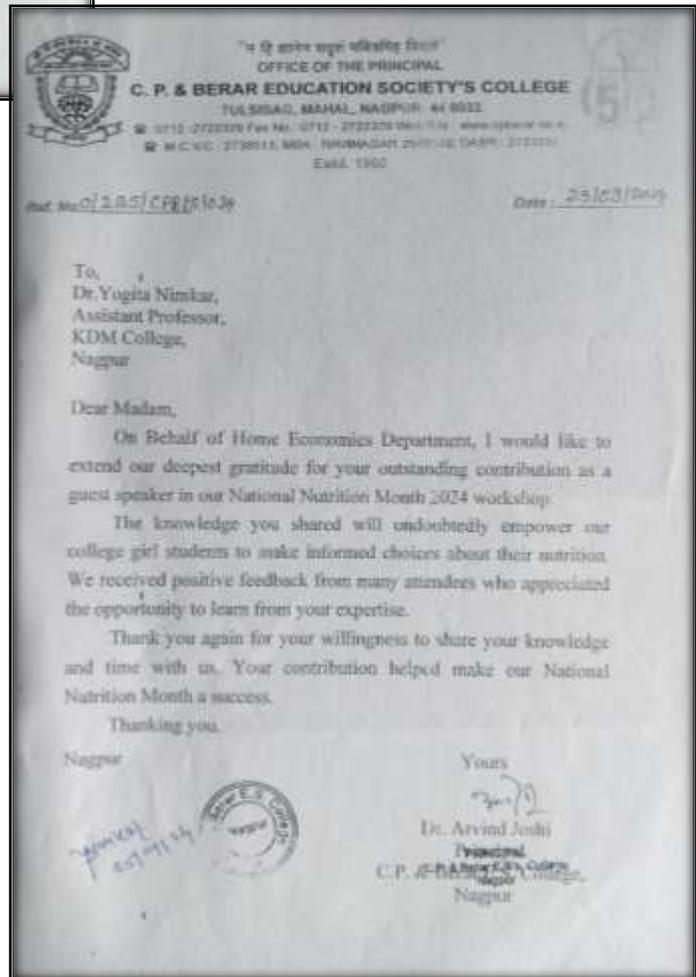
Thanks giving Letter to Guest Speaker Day 1





Invitation Letter to Guest Speaker Day 2

Thanks giving Letter to Guest Speaker Day 2





“म हि साधुं सृष्टुं श्रेयसि विभुः”
 OFFICE OF THE PRINCIPAL
C. P. & BERAR EDUCATION SOCIETY'S COLLEGE
 TULSIBAG, MAHAL, NAGPUR- 44 0032.
 ☎ 0712-2722329 Fax No. 0712-2722329 Web Site : www.cpbewar.edu.in
 ✉ M.C.V.C. 2738513, MBA, RAJNAGAR 2540148, DASH : 2721851
 Estd. 1960



Ref. No. 0/265/CPES/2024

Date : 25/09/2024

To,
 Dr. Manisha Shukla,
 Assistant Professor,
 Santaji Mahavidyalaya,
 Nagpur

Subject: Invitation as a Guest speaker for celebrating 'National Nutrition Month 2024' on 26th September 2024

Dear Madam,

We are delighted to invite you to be a guest speaker to celebrate National Nutrition Month at our college. This year's theme is "Beyond the Table".

The workshop will be held on 26th September 2024 at 10.00 am at Home Economics Department. We are particularly interested in having you speak on "Healthy Millets, Healthy People". Your expertise in Nutrition field would be a valuable asset to our event, and we believe your insights would be of great interest to our college students.

Please confirm your availability by 23rd of September by replying to this email or contacting to me. We look forward to hearing from you soon and to a successful event.

Thanking you.

Nagpur

Yours

Received
 Dr. Shukla



Dr. Arvind Joshi
 Principal,
 C.P. & BERAR Education Society's College,
 Nagpur

Invitation Letter to Guest Speaker Day 3

Thanks giving Letter to Guest Speaker Day 3



“म हि साधुं सृष्टुं श्रेयसि विभुः”
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Ref. No. 0/265/CPES/2024

Date : 26/09/2024

To,
 Dr. Manisha Shukla,
 Assistant Professor,
 Santaji Mahavidyalaya,
 Nagpur

Dear Madam,

On Behalf of Home Economics Department, I would like to extend our deepest gratitude for your outstanding contribution as a guest speaker in our National Nutrition Month 2024 workshop.

The knowledge you shared will undoubtedly empower our college girl students to make informed choices about their nutrition. We received positive feedback from many attendees who appreciated the opportunity to learn from your expertise.

Thank you again for your willingness to share your knowledge and time with us. Your contribution helped make our National Nutrition Month a success.

Thanking you.

Nagpur

Yours

Received
 Dr. Shukla
 26/09/24



Dr. Arvind Joshi
 Principal,
 C.P. & BERAR Education Society's College,
 Nagpur

Programme Report

Celebrating National Nutrition Month on 24th to 26th September 2024

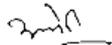
The Department of Home Economics at C.P. & Berar College, Nagpur, organized a three-day workshop from 24th to 26th September 2024 to celebrate *National Nutrition Month*. The theme for this year, “**Beyond the Table,**” focused on encouraging teenagers to understand the importance of nutritious food and healthy eating practices. The workshop aimed to create awareness about balanced diets, affordable nutrition, and the role of millets in maintaining good health.

The workshop was inaugurated by **Dr. Damaynti Ghagargunde**, Associate Professor at Nabira Mahavidyalaya, Katol. In her inaugural address, she stressed the need for nutrition awareness among young students and motivated them to make healthier food choices. Following the inauguration, Dr. Ghagargunde conducted the first session titled “**Stay Nourished on Any Budget,**” in which she explained practical ways to maintain a nutritious diet at minimal cost. She also conducted live demonstrations of healthy recipes such as *mix vegetable paratha*, *curd raita*, and *ragi laddu*, which students enthusiastically prepared and tasted.

On the second day, **Dr. Yogita Nimkar**, Assistant Professor at KDM College, Nagpur, delivered a session on “**Modify Recipes for Healthy Eating Habits.**” She highlighted how small changes in routine cooking practices can significantly improve the nutritional value of meals. Students learned to prepare *vegetable upma*, *gum laddu*, and *vegetable dhirde*, gaining hands-on experience in making simple and healthy dishes. Her session encouraged students to adopt mindful cooking practices in their daily lives. The third and final day featured **Dr. Manisha Shukla**, Assistant Professor at Santaji Mahavidyalaya, Nagpur, who conducted an informative session on “**Healthy Millets, Healthy People.**” She discussed the nutritional benefits of millets and their importance in a balanced diet, especially for teenagers. She also demonstrated millet-based recipes like *millet usal* and *aaliv kheer*, which helped students understand how traditional grains can be incorporated into modern meals for better health.

The workshop received strong support and guidance from **Principal Dr. Arvind Joshi** and **Vice-Principal Dr. Mahajan**, who appreciated the department’s efforts in spreading nutrition awareness among students. The entire program was effectively coordinated by **Professor Prerana Ratnaparkhi**, Head of the Home Economics Department, who introduced the speakers, managed the sessions, and ensured the smooth conduct of all activities.

The three-day workshop proved to be highly educational and impactful. It not only enhanced students’ understanding of nutrition but also inspired them to adopt healthier eating habits. The practical demonstrations, interactive discussions, and expert guidance enabled students to learn valuable skills that promote overall well-being. The program concluded with a vote of thanks by Mrs. Priya Choudhari, expressing gratitude to the resource persons, participants, and everyone involved. This initiative played a significant role in guiding teenagers toward a nutritious and health-conscious lifestyle.


Principal
C. P. & Berar E. S. College
NAGPUR.

List of the Students

C.P. & Berar E.S. College, Mahal, Nagpur
 Home Economics Department
 Celebrating
 National Nutritional Month 2024
 3day workshop on 24th to 26th September 2024
 List of the Students

SR. NO.	NAME OF THE STUDENTS	SIGNATURE 25/09/24	SIGNATURE 26/09/24	SIGNATURE 27/09/24
	Ku. Ashwini Gohate	A. Gohate	A. Gohate	A. Gohate
	Ku. Laxmi A. Dolas	Laxmi	Laxmi	Laxmi
	Ku. Purnell Dadas	Padas	Padas	Padas
	Dhananjay P. Wanjari	Pradip	wanjari	evanshi dadas.
	Ashwini R. Khatke	Ashwini	Ashwini	Ashwini
	Khushbu M. Khaden	Khushbu	Khushbu	Khushbu
	Kumbhalkar R. Divya	Divya	Kumbhalkar	Kumbhalkar
	Shruti A. Sankar	Shruti	Shruti	Shruti
	Priya Bhat	Priya	Priya	Priya
	Shital Gian	Shital	Shital	Shital
	Khushi Masbani	Khushi	Khushi	Khushi
	Khushi Nimje	Khushi	Khushi	Khushi
	Sanghani Anusap	Sanghani	Sanghani	Sanghani
	Nalini Paurikar	Naurikar	Naurikar	Naurikar
	Manika Sonawale	Manika	Manika	Manika

Principal
 C. P. & Berar E. S. College
 NAGPUR.

Feedback form report

Three-Day Workshop – “Beyond the Table”

National Nutrition Month 2024

Department of Home Economics, C.P. & Berar College, Nagpur

The Department of Home Economics collected feedback from students who attended the three-day workshop held from 24th to 26th September 2024. The feedback aimed to assess the usefulness of the sessions, resource persons, demonstrations, and overall organization.

A total of 15 students submitted their responses. The majority found the workshop highly informative and appreciated the theme “**Beyond the Table,**” stating that it increased their awareness about nutritious and healthy eating habits.

Students praised the sessions conducted by **Dr. Damaynti Ghagargunde, Dr. Yogita Nimkar,** and **Dr. Manisha Shukla.** They especially enjoyed the recipe demonstrations such as *mix vegetable paratha, ragi laddu, gum laddu, vegetable dhirde, millet usal,* and *aaliv kheer.* These were described as easy, healthy, and practical.

The overall event coordination was rated excellent. Students acknowledged the efforts of **Professor Prerana Ratnaparkhi,** who smoothly organized the sessions and ensured active participation.

Most participants shared that the workshop motivated them to adopt healthier food habits. They also expressed interest in attending more such nutrition-focused workshops in the future.

Overall, the feedback shows that the workshop was successful, informative, and beneficial for students, helping them move towards a more nutritious lifestyle.

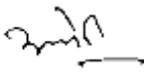

Principal
C. P. & Berar E. S. College
NAGPUR.

Photo Gallery

